

Techniques of Brazilian Jiu-Jitsu

Most of the techniques of Brazilian Jiu-Jitsu address grappling on the ground. There are some takedowns, self-defense techniques, and striking, but the core of the art involves improving, maintaining, or defending ground positions; along with submissions such as chokes and armlocks.

Most of the techniques are organized around specific positions. BJJ is sometimes described as "position first, then submission". What follows is a small sampling of the many hundreds of techniques of Brazilian Jiu-Jitsu.





These techniques should only be practiced with the supervision of an experienced instructor. Practicing the moves incorrectly could result in serious bodily injury or death.

Position	Technique	Author
From on top		
Half guard	<u>Half guard pass</u> (no gi)	Aranha
	<u>Pass</u>	Jacaré
North/south or 69	<u>Kimura shoulder lock</u>	Aranha
	<u>Armbar, head scissor</u>	Bolo
Side control or scarf hold	<u>Paint-brush arm lock</u> (no gi)	Aranha
	<u>Armlock</u>	Bolo
	<u>Shoulder wrench, reverse triangle</u>	Bolo
	<u>Knee lock</u>	Bolo
	<u>Wristlock, shoulder crank</u>	Bolo
	<u>Armbar, choke</u>	Bolo
	<u>Knee mount, armbar</u>	Cesar Gracie
	<u>Choke, armbar</u>	TheTechniques
Mount	<u>Choke, armbar</u>	Erin Toughill
	<u>Counter to armbar defense</u>	Bolo
	<u>Paint-brush, armlock</u>	Bolo

Leg crucifix

Craig Wallace

Guard



<u>Pass: leg on shoulder</u>	Bolo
<u>Pass: far knee</u>	Bolo
<u>Pass: near knee</u>	Bolo
<u>Pass: arm/leg pull</u>	Bolo
<u>Pass: headstand</u>	Bolo
<u>Pass: forward roll</u>	Bolo
<u>Footlock</u> 	InTheGuard
<u>Pass butterfly guard</u>	InTheGuard
<u>Triangle escape: pull knee</u> 	InTheGuard
<u>Pass: push knee, opposite leg</u> 	InTheGuard
<u>Pass: clear leg to side</u> 	InTheGuard
<u>Summersault pass</u>	TheTechniques
<u>[De la Riva] Rolling pass, clock choke</u>	TheTechniques

Back or back mount

<u>Rear naked choke</u>	Bolo
<u>Back choke, clock choke</u>	Cesar Gracie
<u>Double collar choke, half-nelson choke, arm trap</u>	Aranha

From the bottom






Mounted





<u>Elbow-knee escape</u>	Aranha
<u>Elbow-knee escape: foot lift</u>	Bolo
<u>Elbow-knee escape: foot drag</u>	Bolo
<u>Upa bridge/roll</u> 	InTheGuard
<u>Slide legs / push hips</u> 	InTheGuard

Closed Guard



<u>Triangle choke, bicep slicer</u>	Bolo
<u>Armdrag, armbar</u>	Bolo
<u>Armdrag, collar choke</u>	Bolo
<u>Armdrag, half nelson</u>	Bolo
<u>Armdrag, sweep, armlock</u>	Bolo


<u>Armdrag, far armlock</u>	Bolo
<u>Armdrag, shoulder wrench</u>	Bolo
<u>Armlock, defend stack</u>	Bolo
<u>Guillotine, triangle, armbar</u>	Bolo
<u>Sweep, armbar</u>	Aranha
<u>[Scissors counter] Belt sweep</u>	Aranha
<u>Omoplata</u>	Jacaré
<u>Shin choke (no gi)</u>	Gracie Barra
<u>Double attack</u>	InTheGuard
<u>(armlock/triangle)</u> 	
<u>Omoplata, back-roll sweep</u> 	InTheGuard
<u>Scissors sweep</u> 	InTheGuard
<u>Arm Bar</u>	TheTechniques
<u>Uma Plata</u>	TheTechniques
<u>Back roll, ankle pick, ankle lock</u>	TheTechniques
<u>Cross foot hook, bridge</u>	TheTechniques
<u>Triangle choke, wrist & shoulder lock</u>	Erin Toughill

Open Guard, Spider Guard, or Butterfly Guard	<u>Single-leg, sweep, take the back</u>	Bolo
	<u>Sweep, knee lock</u>	Bolo
	<u>Butterfly sweep, bicep slicer</u>	Cesar Gracie
	<u>Roll, triangle, armbar</u>	Cesar Gracie
	<u>Sitting sweep</u>	Jacaré
	<u>Omoplata</u>	Gracie Barra
	<u>Elevator, armlock</u> 	InTheGuard
	<u>Joga Fora (sit-up sweep)</u> 	InTheGuard
	<u>Backdoor, back hooks</u> 	InTheGuard
	<u>Hook sweep</u> 	InTheGuard
	<u>Sweep</u>	TheTechniques
	<u>Sweep to hammerlock</u>	TheTechniques
	<u>Climb to back, rear choke</u>	TheTechniques
	Half Guard	
	<u>Helicopter sweep</u> 	InTheGuard

	<u>Sweep</u>	TheTechniques
Knee-on-stomach	<u>Heel hook</u>	Cesar Gracie
North/south or 69	<u>Leg sweep</u> 	InTheGuard
Side control or scarf hold	<u>Reversal: Bridge to knees</u>  <u>Leg-over reversal</u> 	InTheGuard InTheGuard
Back mounted	<u>Turn-in escape</u> 	InTheGuard

From the same level

Sitting	<u>Ankle lock</u> [Footlock] <u>Calf crank</u>	Aranha Bolo
On knees	<u>Omo-plata shoulder lock</u> <u>Armbar, kneelock</u> <u>Clock choke escape</u> <u>Get back hooks</u> (no gi)  <u>Clock choke</u>	Aranha Bolo Gracie Barra InTheGuard InTheGuard
Standing	[Guillotine] <u>Lift throw</u> (no gi) [Single leg] <u>Omo-plata</u> <u>Sprawl counter, ankle pick</u> (no gi) <u>Hook-n-sweep takedown</u> <u>Air triangle choke</u> (no gi) <u>Uchi mata, ankle pick</u> <u>Kimura sweep</u> (no gi) <u>Arm drag, front lift</u> (no gi) <u>Guillotine choke</u> (no gi) <u>Arm drag, hook trip</u> (no gi)  <u>Under-arm hip throw</u> (ippon)	Aranha Cesar Gracie Cesar Gracie Jacaré Gracie Barra Gracie Barra Gracie Barra Gracie Barra InTheGuard InTheGuard

seoi) 

Whizzer, roll to kneebar (no gi) TheTechniques

[Single leg] Counter, bicep slicer TheTechniques

Achilles lock TheTechniques

Crotch throw (MMA) Erin Toughill

Side throw, kneebar (MMA) Erin Toughill

[Rear bear hug], sweep, mount, armbar Erin Toughill

[Rear bear hug], ankle pick, kneebar (no gi) Erin Toughill

[Rear choke], osoto gari, armbar (no gi) Erin Toughill

[Roundhouse kick], sweep, ankle lock (MMA) Erin Toughill

The techniques on this page are by BJJ.Org Featured Contributors Gene "Aranha" Simco, Michael "Bolo" Jen, Cesar Gracie, Romero "Jacaré" Cavalcanti, Gracie Barra (Carlos Gracie Jr), TheTechniques.net (Rebecca Motte with: Gordo, Gustavo, Jacare, Relson, Renzo, and Sucuri), InTheGuard.Com (James "Calango" Love with: Cláudio and Felipe Moreno), and Erin Toughill. The techniques were each originally published on each contributor's web site: jiu-jitsu.net (Aranha), jenbjj.com (Bolo), graciefighter.com (Cesar), alliancebjj.com (Jacaré), www.graciebarra.com.br (Gracie Barra / Carlos Gracie Jr.), thetechniques.net (Rebecca Motte), intheuard.com, and erintoughill.com (Erin Toughill).



Last updated 12/30/03
Webmaster
[Donate to BJJ.Org](http://www.bjj.org)

Server
hosting
donated
by



Half Guard Pass - No Gi

A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Gene "Aranha" Simco.

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Half Guard Pass - No Gi



1. In this situation, I am in Brian's Half Guard - to begin my Pass, I bring my right foot close to his butt. I also control him by putting my left arm under his neck and cup his bicep - this is important so that he does not roll up onto me during step #2.



2. Once my position is secure, I slide my left leg on his body as shown - almost lying side by side with him.



3. I use my right arm to open his legs and 'cradle' him. If I spread my right leg back and tighten my arms, it will cause pain.



4. I switch my base to release my right leg. Now I am out.

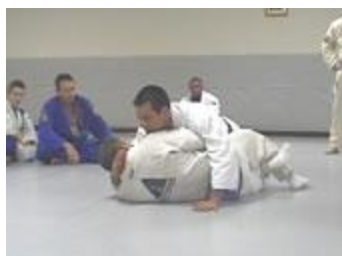
Techniques demonstrated by Gene Simco and Brian McLaughlin. Photography by Heather Terkelsen. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:46:23 PDT 2002.

Half-Guard Escape

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Romero "Jacaré"
Cavalcanti.***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Half-Guard Escape



Beginning in the half-guard position, Jacaré, seen on top, places his thumb deep inside the collar of his opponent.



He then positions his shoulders to put the opponent's back on the floor again.



Next, Jacare positions his hips side-ways to block his opponent's legs from coming underneath.



He puts himself close and tight with his arm inside his opponent's arm and his hips blocking the opponents legs.



The trapped leg is pulled close to the hips of the opponent.



Once the trapped leg is close, Jacare then moves to push the opponent down.



He then works to bring his knee on the opposite side into the arm pit of his opponent bringing the opponent's hips to the side with his trapped leg that is close to the hips.



Now Jacare has his opponent close and tight to him. His opposite leg is in the opponent's armpit and his trapped leg is close to the hips. He is pressing the opponent downward with his bodyweight and his arm wrapped around the neck of the opponent.



Next, Jacare places his hand in the hip of the opponent and pushes outward with his elbow against the opponent's leg close to the knee.



As he pushes outward with the elbow, Jacare then begins to bring his knee over the leg of the opponent.



As Jacare tries to place his knee on the floor, the opponent many times will try to push his leg back, so, Jacare comes underneath his opponent's arm and pushes

upwards towards the
opponent's head.



Once he pushes his arm up,
Jacare starts to put pressure
on the opponent as he
brings his leg forward more.



If needed, Jacare will use his
free leg to help release the
trapped foot by hooking the
opposite leg and pulling
outward.



Once the foot is free, Jacare
is then mounted on his
opponent and able to move
on to various armlocks and
chokes. If this was a street
fight, he could begin to
punch the opponent.

This information was originally published on www.alliancebjj.com, and is reproduced on BJJ.Org with express permission. Downloaded on Wed Jun 26 18:45:34

Kimura

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Gene "Aranha" Simco.***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Kimura



1. In this situation, I have my opponent in the north/south position.



2. I control his arm as shown, grabbing his left arm with my right hand, coming under his arm with my left and grabbing my own wrist.



3. I finish by bringing his arm to a 90 degree angle and twisting to the right as shown to put pressure on his shoulder.

Techniques demonstrated by Gene Simco and Wally Sasse. Photography by Dave Karchmer. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:46:29 PDT 2002.

Head Scissor from Armbar

A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
 Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael positions himself to attack with the downward shoulder wrench or straight arm bar. Sensing that his opponent is beginning to defend his arms, Michael chooses to alter his attack.



2. Falling to his right side, Michael shoots his right leg under his opponent's head. Making sure to position his opponent's neck directly between his knees, Michael crosses his ankles and straightens his legs to exert pressure on the neck. **NOTE:** Michael maintains control of the arm and will attack with a downward wrist flex should the head scissors fail.



3. Michael triangles his legs, squeezes his knees together and pulls his heels into his butt.



4. To finalize, Michael posts with his right hand and sits toward his left heel. **NOTE:** This is an extremely powerful technique

and great care should be used in practice to avoid dislocating the jaw or fracturing teeth. The power of this technique comes from the body weight sitting on his jaw rather than just leg strength.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:57 PDT 2002.

Vale Tudo

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Gene "Aranha" Simco.***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Vale Tudo



1. Notice how I control his right arm with my legs so he can not escape easily or strike from the bottom. While his arm is trapped, he cannot defend punches to the face with that hand, this can be devastating and actually end the fight by itself, but I will count on him being skilled and strong.



2. He uses his left hand to defend, this gives me the opening I was looking for and I take it.



3. I press his left wrist to the floor with my left hand, keeping my right arm under his left.



4. I switch my base and go for the shoulder lock.

Techniques demonstrated by Gene Simco and Rob Constance. Photography by Adam Weissman. This information was originally published on www.jiu-jitsu.net. It is made available on BJJ.Org by the express permission of featured contributor Gene "Aranha" Simco. Downloaded on Fri Jun 14 19:46:54 PDT 2002.

Armlock from Modified Scarf Hold

A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
 Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael has his opponent in the modified scarf hold.



2. Controlling his opponent's right tricep, Michael slides his right leg back while moving his left leg over the opponent's head.



3. Planting his foot on the left side of the opponent's neck, Michael arches his hips forward while pushing the opponent's right arm backward with his left tricep.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:01 PDT 2002.

Shoulder Wrench & Reverse Triangle from Modified Scarf Hold

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael places his opponent in the modified scarf hold. Grabbing his right wrist, Michael forces his opponent's arm down toward his leg.



2. Michael securely traps his opponent's right wrist in the crook of his right knee.



3. Triangling his legs together, Michael can finalize by shifting his hips and leg back.



4. If the opponent is able to prevent or escape the upward shoulder wrench, Michael guides his arm downward...



5. ...throws his left leg over his opponent's head...



6. ...and completes a reverse triangle.



This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:59 PDT 2002.

Scarf Hold to Knee Lock

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael establishes the "scarf hold" position on his opponent.



2. The opponent pulls his elbow to the floor and "hips-out" to begin his escape. Sensing that he is about to lose his position, Michael places his foot against the inside of his opponent's right thigh...



3. ...holds the leg with his left hand and adjusts his position to maintain close hip to hip contact.



4. Michael then crosses his ankles, squeezes his knees together and controls his opponent's heel. To finalize, he arches to exert pressure against the knee joint.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:02 PDT 2002.

Wristlock and Shoulder Wrenches from Scarf Hold

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Joe places Michael in the scarf hold.



2. Keeping his left elbow tight to his body to trap Michael's wrist, Joe places his palm under Michael's elbow and lifts it upward to apply a shoulder wrench.



*Close Up



3. Continuing from the first technique, Joe feels Michael's hand escaping from underneath his arm.



4. Trapping Michael's hand, Joe controls the back of Michael's elbow while leaning forward slightly to apply a wrist lock.



5. If Michael manages to escape, Joe grips Michael's wrist to maintain control of the arm...



6. ...Keeping the arm bent, Joe drives Michael's hand to the floor and hooks it with his right leg.



7. Triangling his legs together, Joe shifts his hips backwards or lifts Michael's head to apply a shoulder wrench.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:03 PDT 2002.

Armbar and Choke from Scarf Hold

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. As Joe forces Michael's arm downward, Mike is able to straighten it to avoid the shoulder wrench.



2. Joe assists Michael in straightening his arm and steps over it with his left leg.



3. Applying downward pressure with the inside of his left leg, Joe leans his body weight forward to control Michael's right shoulder and applies a straight arm bar.



4. As a follow-up Joe applies a choke by reaching under Michael's chin and grabbing his right bicep with his left hand.



5. ...while gripping Michael's gi with his right hand, Joe leans his weight forward to finalize the choke.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:13:06 PDT 2002.

Knee mount - armbar

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Cesar Gracie***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

Photo

Description Alternate-angle photo

Click on any image to expand it to full size.



1. Controlling your opponents head and arm, attempt to mount using your knee. (Note the trapping of

opponents
outside arm
with your
other leg.
This is
crucial.)



2. Your
opponent
uses his left
arm to
defend the
mount.



3. Pull out
your right
arm and
hold your
opponent's
wrist firmly
to his hip.



4. Throw
your right
leg over his
arm.



5. Move your
right leg
close to his
head. Grab
your ankle
with your
left hand for
added
tightness.



6. Lean
forward
placing your
right hand
on the
ground close
to his hip.
Secure his
right arm by
wrapping it

with your left. Keep using your left elbow to lock his right arm to your side.

7. Your hip will then rotate towards your right. (Move will not work without proper hip rotation.) Throw your left leg over his head and push your hip forward to finish the hold.



This information was originally published on www.graciefighter.com. It is made available on BJJ.Org by the express permission of featured contributor Cesar Gracie. Downloaded on Tue Jun 18 17:38:57 PDT 2002.

Side Mount Choke to Armbar Combination

***A Technique from Brazilian Jiu-Jitsu
Courtesy Rebecca Motte and thetechniques.net***

Instructor: Luis "Sucuri" Togno

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



Professor
Luis
"Sucuri"
Togno
attempts a
basic choke
from the
side mount
position, by
sliding his
right arm
underneath
"Snake's"
right
shoulder
and
grabbing
inside the
gi collar
with a four
fingers
inside grip.
Sucuri also
grabs
"Snake's"
left gi collar
with a
thumb
inside grip
with his left
hand.

Notice how
snake is
already
starting to
defend the
choke by
blocking
the elbow



Sucuri would apply the choke by dropping his left elbow to the ground, while he stabilizes Snake's gi collar using his right hand. Snake blocks the choke by preventing Sucuri's elbow from coming to the ground.



When Snake blocks the choke, Sucuri changes the grip that he has with his right hand by moving the hold from the gi collar down to Snake's bicep.



while
controlling
the bicep
Sucuri then
starts to
bring his
other elbow
to the
ground...



.....as the
elbow goes
to the
ground
Sucuri is
then able to
bring
Snakes arm
across his
body...
note that
your elbow
plays a
major part
in your
base so you
don't get
rolled over

Sucuri
"switches"
his hips
keeping his
weight
down on
Snake's

neck as he prepares to step underneath his right leg with his left leg.

As the arm is being trapped you bring your left knee into his shoulder.... never letting go of the GI collar nor the arm and always keeping your head low and your body weight on your opponent



Detail:
Notice that Sucuri's Knee is tight up against Snake's side just under his arm pit



Next Sucuri prepares to take his right knee to Snake's right shoulder, keeping Snake's right arm trapped.



Sucuri has Snake's right arm trapped. Sucuri's bottom knee is press tight against Snake's side underneath his right shoulder. Sucuri's top knee is

pressed down on the top of Snake's right shoulder. Notice that Sucuri has maintained his grip on Snake's left gi collar throughout the move.

To finish the armbar you just squeeze your knees and elbow while you lean back

This information was originally published on thetechniques.net, and is reproduced on BJJ.Org with the express permission of Rebecca Motte from thetechniques.net. Page downloaded on Fri Oct 11 17:40:50 PDT 2002.

Side mount, choke, armbar (BJJ)

***A Technique from Brazilian Jiu-Jitsu
Courtesy Erin Toughill (erintoughill.com)***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

1

Erin has
side
mount on
opponent
.



2

Arm
around
head
secures
neck
lapel
other
arm
goes
between
n legs
and
cups
bottom
thigh.



3

Erin turns opponent on her side.



4

Erin removes arm from between opponent's thighs.

She helps pass top lapel to the bottom hand that is around opponent's neck.



5

Erin now has a tight grip around opponent's neck.

She then secures the choke further by going under opponent's arm and grabbing her own lapel.





6

Erin's shin then comes up and is placed directly behind opponent's neck.

7

Other shin
comes up.

(Erin is
holding herself
up, not sitting
on her butt
yet.)





8

Erin *then* sits back.

Erin pulls the lapel around opponents neck towards her while shin is pushing against her neck the other way.

9

This puts a
very tight
choke on
opponent.

Erin can also
transition to
an arm bar!



*This information was originally published on erintoughill.com, and is reproduced on BJJ.Org
with express permission.*

Page downloaded on Tue Nov 11 2003.

Armbar Defense Counter

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Opponent defends Michael's armbar attempt by clasping his hands together and...



2. ..."hips out" while attempting to drive his elbow to the ground.



3. To counter, Michael posts out with his left arm and removes the left leg from the opponent's face.



4. Keeping his weight centered on the opponent's upper torso, Michael slides his hip across the opponent's chest.



5. Michael re-establishes his armbar position and begins to break down the opponent's defenses.

Shoulder Wrench to Armlock Combination

A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael pins his opponent's left arm to the ground and attempts to secure the upward shoulder wrench. The opponent counters his attempt by grabbing his left wrist and pulling inward.



2. Michael shifts into the side mount position and secures his opponent's right arm by grabbing his trap. **NOTE:** Make sure the rear knee is high next to the head and body weight is maintained over the opponents pinned hand.



3. Michael swings his left leg over his opponents's head and sits back for straight arm bar.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:52 PDT 2002.

Leg Crucifix (from Mount, with Gi)

***A Technique from Brazilian Jiu-Jitsu
By Craig Wallace***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*

1

If your
opponent
extends
his right
arm
while
you are
in the
mount,
...



2



Use
your
left
hand to
push
his right
elbow
across
your
chest.
Keep
the tip
of his
elbow
in the
center
of your
chest
and
hold it
down
by
applying
your
body
weight
to it.

3

Keeping your body weight on his right elbow, slide your left arm under his head and secure his right wrist with your left hand.



4

With his arm held in place across his own neck, put the palm of your right hand on his right elbow. Once you



achieve
this
position it will
be easy
to turn
him
onto
his left
side by
pulling
with
your
left
hand
and
pushing
with
your
right.

5

Now that
he's laying
on his left
side reach
down with
your right
hand and
hook his
left elbow
while still
maintainin
g the grip
with your
left. Then
hug
yourself to
him and
roll
backwards
from your
left
shoulder



blade to
your right
pulling
him with
your arms.



6

As you
roll back
maintain
control
of his
upper
body
and
swing
your left
leg
around
his
waist
placing
your
foot
hook as
shown.



7

While maintaining the grip with your left hand, slide your right hand down from his left elbow to his left wrist. Then, push his left arm down and to his left which will open a hole large enough to place your foot in as shown.



8

Push your left foot all the way to the floor. You will notice that his left arm is beginning to straighten.

9

Once his left arm is pinned to the ground by your left leg, hook his right arm with your right arm and release your left hand grip. Then hug his arm tight and lay backwards, positioning your body perpendicular to his and straightening his arm.



10

Place your right foot on his right hip and lift your lower back off of the ground. All your weight should be on

your
right
foot and
your left
shoulder
.

11

Shift
your hips
away to
position
you so
you're
laying on
your left
side. As
you
make
this
transition
, throw
your leg
over his
head
with the
back of
your
right
knee on
the
crown of
his head.



12

To finish simply move your left leg backwards in a scissor motion to force his head to roll forward towards his own hips.

This crucifix with the legs is a kind of neck break, tearing the trapezius muscles in the upper back and neck.



This information is reproduced on BJJ.Org with the express permission of Craig Wallace.

Basic Leg on Shoulder Guard Pass

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Having uncrossed his opponent's ankles, Michael pins the right leg to the ground.



2. Reaching underneath his opponent's left leg, Michael grips the back of the opponent's neck and drives his weight forward while keeping his hips down and head up.



3. Keeping the weight on his opponent's upper chest and hamstring, Michael walks around to the side.



4. Michael pushes his chest forward to clear the leg and establishes side control.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:44 PDT 2002.

Far Knee Guard Pass

A Technique from Brazilian Jiu-Jitsu

By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael attempts the basic leg on shoulder pass, however, his opponent pushes on his hip to stop the pass.



2. So, Michael places his outside leg through the center and clears his left leg.



3. Michael grabs behind his opponent's neck with his left arm while holding the tricep or belt line with his right hand.



4. Pivoting off his right knee, Michael establishes side control.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:46 PDT 2002.

Near Knee Guard Pass

A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. After opening the legs, Michael gets his opponent's leg on his shoulder and inserts his left knee through the center.



2. Grabbing behind his opponent's neck with his left hand while holding the belt line with his right, Michael clears his right leg.



3. Once his right leg is cleared, the left hook is removed and side control is established.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:47 PDT 2002.

Open Guard Pass 1

A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael places Joe Moreira in his open guard.



2. Joe grips Michael's right sleeve with his left hand while reaching under Michael's left leg to grip the pant leg with his left hand.



3. Stepping backwards toward his right rear corner, Joe straightens his body and pivots Michael to clear his legs.



4. Joe steps forward with his left foot and assumes the knee on stomach position to finalize the pass.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:48 PDT 2002.

Open Guard Pass 2

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael places Joe Moreira in his open guard.



2. Joe places his left hand on the floor near Michael's right knee while pushing downward with his right hand on Michael's pant leg.



3. Placing his right shoulder firmly in Michael's stomach, Joe hops over Michael's legs while maintaining control of Michael's left knee with his right hand.



4. Joe establishes side control by placing his left knee just below Michael's hip and encircles Michael's upper torso with his right hand.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:50 PDT 2002.

Open Guard Pass 3

***A Technique from Brazilian Jiu-Jitsu
By BJJ.Org Featured Contributor Michael Jen***

*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



1. Michael places Joe Moreira in his open guard. Joe grips Michael's pants below the knees.



2. Joe places his left shoulder on Michael's lower stomach and shifts slightly to his left while driving Michael's legs to the floor.



3. Joe maintains downward pressure on Michael's legs and flips over his head to Michael's left side.



4. Joe establishes side control by passing his left leg under his right leg while pivoting on his left side.

This information was originally published on www.jenbjj.com. It is made available on BJJ.Org by the express permission of featured contributor Michael "Bolo" Jen. Downloaded on Sun Jun 16 20:12:51 PDT 2002.

Footlock

The footlock that Rodrigo Cumprido used to defeat Roleta.

***A Technique from Brazilian Jiu-Jitsu
By Cláudio Moreno and Andres Lenta***



Video: [AVI](#) [319k] of the technique.



*These techniques should only be practiced with the supervision of an experienced instructor.
Practicing the moves incorrectly could result in serious bodily injury or death.*



The initial position is the spider guard. Andres is using the spider guard, very similar to Roleta's guard. Cláudio is on top, trying to pass, with the intention of finishing the fight.



Cláudio, with a quick and precise movement, passes his leg through the legs of Andres, while at the same time turning his back toward Andres. It is important to pay attention to Cláudio's grip, which is holding the collar of Andres with his left hand, to maintain his balance and to avoid giving Andres the chance to suddenly escape his hips.



Cláudio, with a quick and precise movement, totally releases his grip, and he seizes the foot of Andres, beginning a mata leão on Andres's foot.



At the same time that he grasps the foot and begins the mata leão, Cláudio was putting pressure toward Andres, to ensure that Andres doesn't move under him and sweep him.



With the lock in place, it is best for Cláudio to pull as hard as he can away from Andres (not pressing the foot hard, but stretching Andres's leg out so that it is straight at the knee), stretching his upper body so that Andres cannot bend the knee and take the top position. This position is very efficient, and you should take great care when applying it, mainly during training. A good example of the use of this technique was when executed by Rodrigo "Cumprido" Medeiros used it to tap out Roleta in the first 20 seconds of the fight, where he won the World title for the Alliance team and the title of Absolute Black Belt

Champion. It is a good position. Be very careful when using it during training. This technique contains a lot of leverage and it is very easy to injure your partner. Train it a lot.

This information was originally published on www.intheguard.com, a web site created by James "Calango" Love, Cláudio Moreno, and Felipe Moreno. Page downloaded on Sat Jun 29 21:39:15 PDT 2002.